



HealthPorte is a free senior-based program designed to improve your health, make new friends and gain helpful, educational health information. There are many ways HealthPorte will help you live a healthy lifestyle, save money and have fun. We offer interesting events and programs that can benefit you along your health journey. In the past, we have offered programs with topics ranging from heart disease to cancer to healthy eating and everything in between. Our calendar of events is based on the recommendations of our members.

Your HealthPorte card can be used to attend HealthPorte programs that take place at Porter Regional Hospital, La Porte Hospital and Starke Hospital. Each member will also receive a quarterly newsletter with upcoming programs for all three hospitals. Sign up today!

**Below is an upcoming event for HealthPorte Starke:**

- Thursday, March 28, 2019, Community Services of Starke County, 311 E Culver Rd, Knox
  - Free Lunch and Learn
    - Lunch begins at Noon
    - Presentation is from 12:30 – 1:30 p.m.
    - Topic: Opioids – Talk Before You Take

**Registration is REQUIRED. Please call 1-888-840-8204 to register or register online at <https://healthportelunch.eventbrite.com>**

I look forward to seeing you at upcoming HealthPorte events.

Please feel free give me a call or send an email with any questions or suggestions.

Sincerely,

Karin Birchel

Regional Community Programming Coordinator  
(219) 983-8633  
karin.birchel@porterhealth.com

**La Porte Hospital**



**Starke Hospital**

NWICA is the Area Agency on Aging, and Community Services of Starke County is the local agency hosting the Workshop.